

**SUICIDE PREVENTION – MINUTES**  
**1930 9<sup>TH</sup> AVE, HELENA, MONTANA 59601**  
**Murray Building CONFERENCE ROOM**  
**July 18, 2018**

Members Present

Melissa Baker	Jenny Eck
Jess Hegstrom	Janet Whitmoyer
Juliana Hallows	Ben McGaugh
Jon Jackson	

Jess Hegstrom called the meeting to order at 3:30 p.m.

**REVIEW OF AGENDA**

Discussion was had regarding the new agenda topics.

- Learn; Share; Do

**LEARN**

Youth Suicide Prevention-Janet Whitmoyer:

- An increase number of youth suicides in East Helena lead to a discussion on the need for prevention
  - Networking between community agencies on how to prevent youth suicide
    - ♦ Helena School District
    - ♦ East Helena School District
    - ♦ Hospital Association, Medical Association, DPHHS
    - ♦ Shodair
    - ♦ Mountain Pacific Quality Health
    - ♦ Butte School District, Butte Health Department
  - Vista Grant Award
    - ♦ To assist with suicide prevention and mental health among youth in Lewis and Clark County
  - Grant awarded to Mountain Pacific Quality Health
    - ♦ Involvement in Let's Talk App
    - ♦ Taking the lead on finding "Safe Space" in the community (see Attachment "A")
    - ♦ Recommendation to include 211 as a resource
    - ♦ Group discussion regarding locations within the community that may be interested in becoming a 'Safe Space'
  - Participation in the Youth Suicide Prevention Summit
- Next steps
  - Present Let's Talk App video at a future suicide prevention meeting

Future of our work:

- Structure
  - QPR training for Suicide Prevention members
  - Create a Gate Keeper Training
    - ♦ Standard meeting for training
    - ♦ Promise in Practice
    - ♦ Post Intervention Training

- ♦ Enact Handle with Care
  - Group Structure (see Attachment “B”)
- Name of our group
  - Recommendation to keep suicide out of the title
  - Jess will send an email out asking for group suggestions
    - ♦ On suggestion was “Better Future Coalition”
- Logo/Brand/Web
  - Drenda will work with LCPH Communication Manager to create ideas for the group to review

## **SHARE**

### Man Therapy Update-Jess Hegstrom

- Provided an overview of Man Therapy came to be
- Man Therapy Partnerships (see Attachment “B”)
  - Additional recommendations
    - ♦ Northern Ag Network
    - ♦ L&C Farm Bureau
    - ♦ L&C Fairgrounds
    - ♦ PRCA Rodeo Network
- Recommended creating a Man Therapy Taskforce
- Kick Off in September
- Need group participation in with promotion and networking

### Suicide Prevention Week/Month Planning:

- Suicide Prevention Week- September 10-16
  - Every Brilliant Thing-Grand Street Theatre
  - NAMI Walk-September 23
  - Mayors Challenge participation in the NAMI Walk
  - MT. National Guard Anti-Stigma Campaign
  - Man Therapy Campaign Kick-off
  - Suicide Prevention Ready Challenge
  - VA drug take backs at all clinics

### Mayors Challenge Update- Juliana Hallows:

- 211 Distribution-creating a more robust distribution
- Crisis Mapping
  - Upcoming meeting on Crisis mapping
  - Standard training time
  - Mobile Crisis unit
- Peer Support Outreach-how to provide more support outreach

## **DO**

- Medical Provider Survey Next Steps meeting July 19 1-3 pm @ St. Pete’s
- Need members to join the Man Therapy Task Force (need more male presence)
- Drenda will set up leadership training
- Jess Hegstrom will send an email to the group regarding changing the name of the Suicide Prevention Work Group

Next Meeting August 15, 2018